



Mental Health E-learning Courses

Suitable for all staff, to raise awareness of key issues

Course Durations

1 delegate

10 minutes to complete each briefing

Aim

These bite-size briefings raise awareness of key issues surrounding mental health for all staff.

Created by the mental health charity, MIND in Haringey, the series is designed to help delegates better understand mental health issues, recognise their effects and learn skills to deal with them for a happier, healthier life. There's also a specific briefing for managers on how to help support their teams.

Objectives

With increased awareness, delegates will be able to better identify mental health issues, deal with them and contribute to a culture of wellbeing in the workplace by helping break the associated stigma.

Titles in the series can be accessed in their entirety or individually:

Your Wellbeing

Building an awareness of wellbeing and making it a part of your life to practice being mindful. Skills for good mental health.

What is Mental Health?

Mental health facts, issues and how to break the stigma. The importance of recognising the problems and how to deal with them.

Understanding Depression

Understanding why people might suffer with depression, the physical, emotional and cognitive effects, and what they can do about it.

Let's Talk About Stress

Understanding stress and how to spot it, what the mental health issues are and how it can be managed effectively.

Anxiety & Anxiety Disorders

Raising awareness of anxiety and the disorders that arise from it. Spotting symptoms and being aware of effective treatments.

Managing Mental Health

For managers - helping to identify mental health issues in the workplace and promote a culture of wellbeing amongst your team.



Requirements for Training to Commence

Course language - Courses are conducted in English and delegates must be able to speak, read and write in English.

If there is a requirement for translation to a language other than English, please speak to a Training Advisor.

The online format allows delegates to fit training around their working patterns and daily demands, and reduces any internal logistics associated with organising classroom-based training.

Pre-Qualification Criteria

Delegates attending this course do not require any prior qualification.

Methodology

Each briefing contains video clips, downloadable documents and quizzes to engage delegates and confirm understanding.

Are there any hand outs?

Yes, there are supporting documents in the form of printable PDFs available throughout to assist delegates and provide additional resources to take away.

Course Test & Certification

At the conclusion of each briefing, delegates will undertake a short multiple choice test relating to the content covered. In order to complete, delegates must answer 100% of the questions in each test correctly.

Once each briefing is successfully completed, delegates will be able to automatically download a copy of their certificate.

*On receipt of their login details, delegates have 12 months in which to log in and complete the course.